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FANTINO GETS BOOTED OFF PORTFOLIO

HARPER QUIETLY ENDS CONTROVERSY-PLAGUED TENURE OF VETERANS AFFAIRS MINISTER **PAGE 7**



Edmonton won't slide toward ban on toboggan hills

Despite insurance-company push, city opts for no changes **PAGE 6**

Resolving to get healthy

A look at natural food trends, plus tips for a post-holiday cleanse **PAGES 14 & 15**

A meal at new arena could be a Great One

Gretzky. Oilers in talks with Wayne Gretzky about restaurant in team's new home, but it's 'not a done deal'



RYAN TUMILTY
ryan.tumilty@metronews.ca

The Great One could be serving up more than memories to fans in the new Edmonton arena, as Wayne Gretzky is in talks to bring a restaurant to the new building.

Gretzky, who already has a restaurant in Toronto, is in early talks with the team about opening a similarly branded establishment in the new arena complex.

"We're still early in the process, so nothing is confirmed," said Oilers spokesperson Tim Shipton. "I wouldn't want to intimate that it's a done deal, because it certainly is not."

Shipton said they would love to give Gretzky a connection to the building but stressed there are a lot of details to be



The arena design calls for a wide array of restaurants and bars in the new building. COURTESY CITY OF EDMONTON

ironed out.

"We would be honoured to partner with someone of his stature, but it's too early in the process to have anything nailed down," he said.

As part of the arena deal with the city, the Wayne Gretzky Statue that is currently outside Rexall Place is to be relocated.

Shipton said they're hoping the food options in the arena will be the best of any entertainment complex in North America.

"We want people to be blown away by the food options, the entertainment options in the arena and the district," he said.

He said they also want choice throughout the build-

ing, with different options regardless of where fans are sitting.

"We are making sure that whatever section of the building you're in, you have great fresh food and good drink options as well," he said.

He said there has been plenty of interest from local, national and international groups in setting up in the arena district and they hope to have more to announce soon.

"There are lots of really interesting conversations happening, and we will be excited to announce that when these details are firmed up," he said.

Metro attempted to contact Wayne Gretzky's Toronto location, but our emails were not returned before press time.



PUTIN IT TO RUSSIA

Canada goalie Zachary Fucale flings his helmet in the air after defeating Russia in the gold-medal game at the IIHF World Junior Hockey Championships in Toronto on Monday. The Russians mounted a valiant comeback attempt in the second period after falling behind 5-1, but Canada held on to win 5-4. For the story, see page 16. NATHAN DENETTE/THE CANADIAN PRESS



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W E S T E D M O N T O N M A L L 7 8 0 . 4 4 4 . 1 6 3 7

Paul First Nation

Family moves because of threats

The parents of a man accused of viciously attacking a six-year-old girl on an Alberta reserve say they have been forced to move because of threats of violence.

Ramona and James Strong said in a statement that RCMP helped move them and their other eight children from the Paul First Nation on Dec. 22. That was the same day their 21-year-old son, James Clifford Paul, was charged with attempted murder, aggravated sexual assault and kidnapping.

Band administrator Shane Pospisil said the family is staying at an Edmonton-area hotel and may never be able to go home. "While the little girl is a victim and the injuries she has suffered are very, very serious, our family and our other eight children are now also victims," the Stronges wrote in a signed statement released Monday to The Canadian Press.

"We didn't do anything, and our kids didn't do anything, but we had to flee our home on the Paul Band reserve because of threats and a very real fear of violence against us."

"It's a terrible thing but it had to be done to protect us and our kids — none of us who have done anything wrong." The girl was found, outdoors, battered and near death on the reserve near Duffield, west of Edmonton, a few days before Christmas. Media reports have said she was naked in the snow in the woods.

Pospisil confirmed Monday that the girl remains in hospital.

THE CANADIAN PRESS



Rod Risling, the city's manager of assessment and taxation, speaks to reporters after the release of new assessment numbers on Monday.

Big jump in city property values

More than \$400,000.
Average house price breaks big barrier



RYAN TUMILTY
ryan.tumilty@metronews.ca

The average home in Edmonton is now valued at more than \$400,000 after a big jump in property values last year.

The city's assessment office released the numbers

Monday, showing that the average home price rose 7.1 per cent, while condominiums, townhouses and duplexes increased by 5.3 per cent.

Assessment and taxation branch manager Rod Risling said the increases are a sign of a healthy local economy that's adding jobs and residents.

"We have seen property increases across the board in all housing types," he said.

When combined with the 5.7 per cent increase council approved during budget talks, this means the owner of that

average \$401,000 home will pay about \$127 more in property taxes next year.

Many neighbourhoods saw property values rise above that 7.1 per cent number. Quesnell Heights topped the list as property values there jumped 13.9 per cent.

Queen Mary Park, Ritchie, Balwin and Woodcroft all saw jumps of more than 10 per cent.

Risling said those spikes are based on a snapshot in time last year, and when you look at the broader picture, all neighbourhoods are rising

about the same.

"In a longer-term period, typically that overall average increase is very similar on a neighbourhood-by-neighbourhood basis," he said.

Risling said that, as people receive their property-tax assessment, which should happen this week, they should review it to make sure it's accurate before tax notices go out.

"I strongly encourage everyone to take a look at their notice, and if you see any issues, give us a call," he said.

1 NEWS

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Students mourn loss of boy killed in shooting rampage

Bishop Greschuk School. Catholic district offers support to youth to help them cope with the death of Elvis Lam, 8



LEAH HOLOIDAY
leah.holoiday@metronews.ca

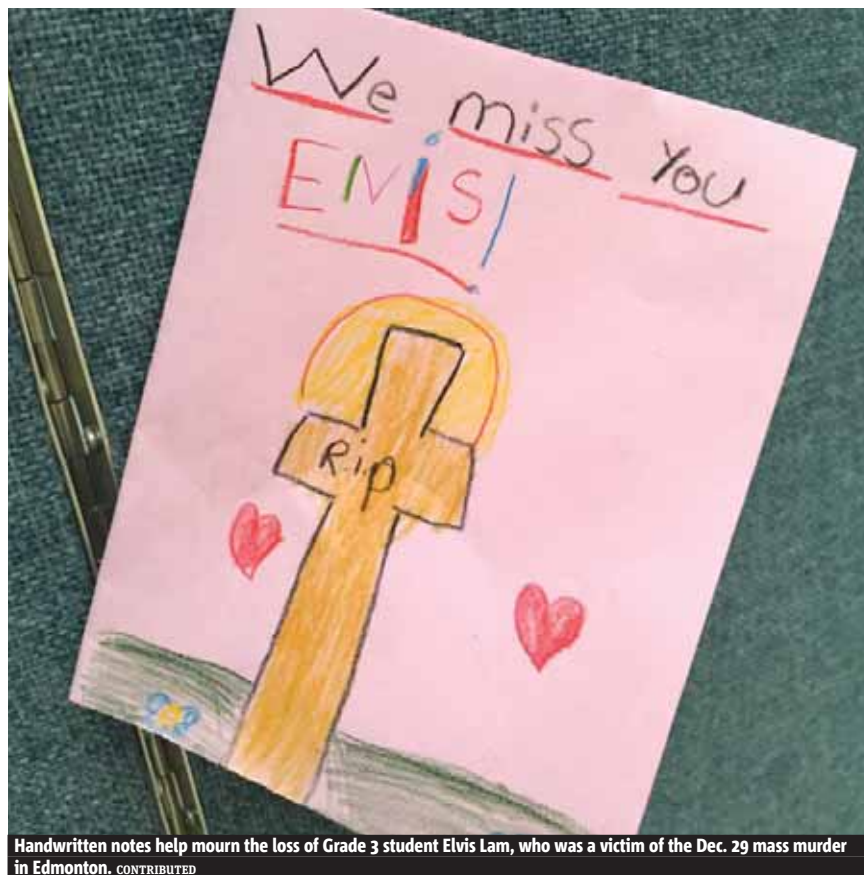
Handwritten notes, a special prayer and a visit from therapy dog Freedom helped elementary students mourn the death of young Elvis Lam, the eight-year-old killed last week in the city's largest mass murder.

According to Edmonton Catholic Schools (ECS) Supt. Joan Carr, the district wanted to ensure support was in place for students' return to Bishop Greschuk School after the holiday break, short one fellow student.

Lam was one of eight victims killed by 53-year-old Phu Lam in a Dec. 29 shooting rampage.

With the critical response team deployed, ECS students, parents and teachers had access to counsellors, district chaplains, priests and representatives from Edmonton police's victim-services unit to help cope with the loss.

Carr said that while some



Handwritten notes help mourn the loss of Grade 3 student Elvis Lam, who was a victim of the Dec. 29 mass murder in Edmonton. CONTRIBUTED

of the students might have experienced loss in the past — including the death of a

classmate to illness or to an accident — this particular loss of the Grade 3 student

is unique for many of the children.

"Students were quite

Quoted

"Certainly, we approach this from very much a district level and also work very closely with the school community."

Edmonton Catholic School Supt. Joan Carr

aware of what happened over the last number of days," said Carr. "If anything, the children had questions and wanted to be assured."

Carr said the district also wanted students to remember him in a positive light.

"It was important for us to celebrate the life of young Elvis, and children had time this morning to talk about their memories of him and their experiences and what he meant to them," she said.

In a letter sent home to parents, ECS offered suggestions for parents when talking with children about the loss, including: be attentive to children's questions, listen to children's feelings and accept them and give honest, simple, brief answers to children's questions.

Follow Leah Holoiday on
Twitter @Metro_Leah



Health

Edmontonians live shorter lives than Calgarians, says new data

Edmonton's neighbours to the south are living healthier, longer lives, with new data showing people living in Calgary and surrounding areas have a lower rate of obesity and a year longer life expectancy than their northern counterparts.

The data collected by the Canadian Institute for Health Information found that, from birth, the 1.2 million people living in the Edmonton zone are expected to live upward of 81.2 years, while those living in the Calgary zone live closer to 82.3 years.

The research also found that 20.5 per cent of people living in the Edmonton zone were obese, which is higher than the Calgary zone average of 14.7 per cent.

According to Dr. Verna Yiu, chief medical officer for Alberta Health Services, the results have to do largely with demographics.

Yiu said Edmonton's aging and blue-collar population could explain some of the differences in the obesity rate and the rate of avoidable deaths from preventable causes, which is 118 per 100,000 in Edmonton compared to 90 per 100,000 in Calgary.

LEAH HOLOIDAY/METRO

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Frigid temperatures push homeless shelters past capacity

At Hope Mission, the city's largest emergency shelter, numbers are topping 600 a night with the cold snap, adding to the already higher volume through the Christmas season.

"We make sure people have a place to sleep, and if they can't get here, our rescue van makes frequent trips through the downtown to give people what they need — coat, gloves, tuque, socks, even a bagged lunch," said Hope Mission spokesperson Robin Padanyi.

The mission is also using the overflow shelter at the former Remand Centre to provide 60 additional spots nightly.

E4C's Women's Emer-



Hope Mission serves 1,000 meals a day to the city's homeless.

LUCY HAINES/METRO

gency Accommodation Centre is likewise in an overflow position, while the Bissell Centre is extending drop-in hours to allow the homeless to keep warm for a longer time.

EPS community liaison Const. Darren Wasmuth said it's a last resort, but when

emergency shelters are full, he and fellow officers from the downtown division will put intoxicated homeless people they come across into the drunk tank for the night.

"We don't want to jail people just because, but in this weather we have to make sure people are safe and warm," said Wasmuth.

Cold temperatures are expected to ease slightly through the week.

LUCY HAINES/METRO

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No plans to change city toboggan hills

Growing pressure.

U.S. cities dealing with lawsuits, insurance hikes, but the city has opted to maintain its current hills



RYAN TUMILTY
ryan.tumilty@metronews.ca

Edmonton won't slide down the path of bans or limits on toboggan hills, despite growing pressure from insurance companies and risk-management firms.

According to its website, the City of Dubuque, Iowa, passed a resolution in December banning sledding and tobogganing in city parks. Other cities have dealt with similar issues related to the winter activity.

An Associated Press story said that Dubuque council members were upset about the move, but demands from the city's insurance carrier and liability concerns were forcing their hand.

Don Marshall, Edmonton's Director of Risk Management, said toboggan hills are a concern for the city, but right now they're managing it by making sure the hills are safe and maintained.

"Our parks people go by the various toboggan hills, just to make sure there's nothing that could cause injury, like if someone had



The city posts signs and puts up hay bales around hazards at Emily Murphy Park, one of several it maintains in the city. RYAN TUMILTY/METRO

made a jump or something like that," he said.

Marshall said the city checks its policies and procedures fairly often because there's a real risk and there have been accidents on city hills in the past.

"You could have a fairly significant injury because of

tobogganing, and because of that we have reviewed it from time to time."

That said, he doesn't see Edmonton following cities like Dubuque.

"I don't think it's necessary to completely ban it, but you can mitigate the risks," he said.

Sled at your own risk

The city maintains hills at Emily Murphy Park, Gallagher Park, Government House Park, Castledowns Park, Rundle Park and Whitemud Park North.

Parking. Seasonal ban is ending, blading set to begin across the city

The city's seasonal parking ban ended Monday evening, with crews set to begin neighbourhood blading on Wednesday.

Despite the bitter temperatures, city crews worked on arterial roads throughout the weekend and have now cleared most of those routes.

The parking ban was not fully embraced by Edmontonians, with officers writing 764 tickets to vehicles

that were in the way. The city says it will continue writing those tickets right up to 7 p.m. Monday.

The neighbourhood blading will follow the schedule the city set out earlier this year.

Residents are also being asked to check when their neighbourhood is going to be plowed and move their vehicle off of the street accordingly.

RYAN TUMILTY/METRO

Domestic violence. Training important after woman's death: Judge

A judge's report on an Alberta woman killed by her drunken boyfriend despite her call for help highlights the need for updated domestic-violence training for police and 911 operators.

Brenda Moreside dialled 911 before she was stabbed to death nearly 10 years ago.

The operator who took the call was argumentative with Moreside, who had also been drinking, and didn't pass important information on to

Mounties in High Prairie. A junior officer tasked with the case decided it wasn't necessary to intervene in the couple's dispute and didn't go to their home. Twelve days later, acting on a tip, officers found the 44-year-old woman lying dead in her pyjamas near the door of the house.

Provincial court Judge James Wheatley listed seven recommendations but said many have already been addressed.

THE CANADIAN PRESS

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O'Toole appointed to Veterans Affairs



Julian Fantino leaves Rideau Hall in Ottawa on Monday after being relieved of his post as minister of veterans affairs and demoted to associate minister of defence. SEAN KILPATRICK/THE CANADIAN PRESS

Fantino ousted. Julian Fantino's term in Veterans Affairs marred by several scandals

After an 18-month tenure marred by controversy, confrontation and cries of incompetence, Julian Fantino has been booted out of the Veterans Affairs portfolio and demoted to his old job as a junior minister.

In a quiet ceremony Monday at Rideau Hall, Prime Minister Stephen Harper replaced Fantino with Erin O'Toole, a southern Ontario MP and former member of the Royal Canadian Air Force who was elected to the House of Commons in a 2012 byelection.

On the night of last year's infamous televised showdown between Fantino and angry veterans, one of those sent in ahead of time to smooth the way was O'Toole.

Prior to the confrontation,

O'Toole, two other Conservative MPs and Fantino's chief of staff met with the group of ex-soldiers but failed to ease the concerns of the veterans, who were upset over planned office closures.

As recounted by some who were in the room, the encounter is instructive for the veterans community, which is wondering whether O'Toole's fresh face will actually mean a fresh approach in a department that has become a political liability for the Conservatives in the run-up to this year's election.

Fantino, a tough-talking former police chief who represents the strategically important riding of Vaughan, north of Toronto, remains at the cabinet table as associate minister of defence.

But repairing the political damage of his tenure will fall to O'Toole.

A spokesman for the Royal Canadian Legion says the minister won't need extensive briefing, given that he is a veteran and has been active on

the file — most notably as an organizer of a Parliament Hill event last spring meant to raise awareness of post-traumatic stress.

Others, such as Mike Blais of Canadian Veterans Advocacy, were doubtful the shuffle would allow the government to rebuild its bridges with veterans, a political constituency important to the Conservatives.

What needs to happen is a fundamental shift in the culture of the department from an insurance-company mentality to one of compassion and support, he said.

NDP Leader Tom Mulcair said O'Toole could make a fresh start by reopening the nine Veterans Affairs offices boarded up last year as part of the department's reorganization.

Liberal veterans critic Frank Valeriote expressed sympathy for Fantino, describing him as a "good soldier" who had to deliver the same old "sour message" from the Prime Minister's Office. **THE CANADIAN PRESS**

Suspension is not enough, Dalhousie protester says

Dalhousie University's decision to suspend from all clinical activities 13 male dentistry students who allegedly belonged to a controversial Facebook group has incited anger with some on campus.

President Richard Florizone, accompanied by the dean of the faculty of dentistry, Thomas Boran, announced the suspension Monday, which was origin-

ally decided on Dec. 22.

"The comments made in the Facebook group by some of our fourth-year male dentistry students were deeply offensive, degrading to women and entirely unacceptable," Florizone said during a press conference.

Suspending the men from all clinical activities is part of an ongoing investigation into the

incident and was reached due to their obvious lack of professionalism, Florizone said.

Students belonging to the Facebook group Class of DDS 2015 Gentlemen's Club had allegedly posted a series of sexually violent comments against women, including a poll of female classmates they'd like to have "hate" sex with and jokes of drugging women.

Florizone said these students will not be able to graduate while they are suspended but did not specify the length of the suspension, only saying the matter is under review by an internal committee and will coincide with the ongoing restorative-justice process.

But suspension is not enough, says Rach Klein, who was one of more than a hun-

dred students and community members participating in a protest after announcement on the Dalhousie campus.

"No one who thinks rape is funny should have access to sedatives.... We're supposed to be a place of higher education and (those students) have no place getting in the way of that," she said.

STEPHANIE TAYLOR/METRO IN HALIFAX

Possibility of expulsion

Dalhousie University President Richard Florizone said he's not ruling out expulsion but emphasized university administration must follow a fair and just process.



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Australia. Dozens hurt, homes lost in wildfire

More than two dozen homes have been destroyed or badly damaged and almost 30 people have sought medical treatment as a result of a massive wildfire that has raged out of control for days across farms and woodland in southern Australia, officials said Monday.

Hundreds of firefighters have taken advantage of milder conditions in recent days to attempt to contain the fire, which has razed 12,500 hec-

tares of countryside northwest of the South Australia state capital Adelaide, State Premier Jay Weatherill said.

Since the fire started Friday, 29 people have been injured or hospitalized with conditions such as severe asthma, he said.

The only serious injury was a farmer who suffered suspected spinal injuries protecting his property, Network Ten television news reported.

THE ASSOCIATED PRESS

PEGIDA. Germans protest anti-Islam movement

The square around the Cologne Cathedral was plunged into darkness Monday evening after the historical landmark in western Germany shut down its lights in a silent protest of weekly rallies in Dresden against the perceived "Islamization" of Europe.

The symbolic act came as thousands of Germans demonstrated in Cologne and several other cities against

the ongoing protests by the group calling itself Patriotic Europeans against the Islamization of the West, or PEGIDA, which attracted its biggest crowd yet in Dresden on Monday night.

Cologne Cathedral provost Norbert Feldhoff told n-tv that shutting down the lights was an attempt to make the PEGIDA demonstrators think twice about their protest.

THE ASSOCIATED PRESS



Florida becomes 36th state to allow same-sex marriage

Catherina Pareto, left, and her partner Karla Arguello celebrate on the courthouse steps on Monday in Miami after Circuit Court Judge Sarah Zabel lifted a stay on her July ruling that Florida's same-sex marriage ban violates equal protections under the U.S. Constitution. Judge Zabel provided a jump-start to Florida's entry as the 36th state where gays and lesbians can legally marry, saying she saw no reason why same-sex couples couldn't immediately get their licences in Miami-Dade County ahead of a midnight launch statewide.

WILFREDO LEE/THE ASSOCIATED PRESS

Indonesia's aviation safety practices scrutinized

AirAsia crash. Weather still hampering search

Highlighting the depth of Indonesia's air-safety problems, the transportation ministry announced harsh measures Monday against everyone who allowed AirAsia Flight 8501 to take off without proper permits — including the suspension of the airport's operator and officials in the control tower.

Also, the routing permits of all airlines flying in the country will be examined to see if they are violating the rules, said Djoko Murjatmodjo, acting director general of air transportation.

"Who knows if other airlines are also doing the same thing?" he said.

The crackdown comes as searchers continue to fight bad weather while combing the Java Sea for bodies and wreckage of the Airbus A320 that crashed Dec. 28, killing all 162 passengers and crew on board.

The plane was travelling between Surabaya, Indonesia's second-largest city, and Singapore on a Sunday. Officials have since said its permit for the popular route was only for Monday, Tuesday, Thursday and Saturday and that AirAsia quietly switched three of those days.

Officials in Singapore, however, have said the plane was authorized to fly on Sundays from its end.

Applications for specific

routes take into account issues including air-traffic rights and airport takeoff and landing slots.

While the airline is being investigated, Indonesia has banned all AirAsia flights between Surabaya and Singapore.

On Monday, AirAsia Indonesia President Director Sunu Widyatmoko said by text that the airline will co-operate with the government during the evaluation but would not comment on the permit allegations until the process is complete.

Violation of the regulations would boost legal arguments for passengers' family members seeking compensation, said Alvin Lie, a former lawmaker and aviation analyst. But he added AirAsia would not be the only one to blame.

"The Surabaya-Singapore flights have been operating since October ... and the government didn't know," he said. "Where was the government's supervision?"

Murjatmodjo said key individuals who allowed planes to fly without permits would be suspended while the investigation is pending.

The ministry also issued a directive Dec. 31 ordering all airlines to provide pilots with up-to-date weather reports before they take off, he said.

Currently, it's up to the captain and co-pilot to research and evaluate flying conditions before departing. In other countries, carriers' flight operations departments perform that task for them.

THE ASSOCIATED PRESS

Kenya's president orders audit of buildings after collapse



Rescue workers look for survivors at the site of the collapsed building in the capital Nairobi, Kenya, on Monday. SAYYID AZIM/THE ASSOCIATED PRESS

Kenya's president ordered an audit of all buildings in the capital on Monday after an eight-storey residential building collapsed, killing at least two people in the city's second deadly collapse in a month caused by bad construction, officials said.

In December, eight people died when a building collapsed in Kaloleni, another lower-income area of Nairobi.

"The president is appalled that the building falls in a pattern of many structures across the country that have been constructed without adherence to

the basic laws and regulations governing housing development," said President Uhuru Kenyatta's spokesman, Manoah Esiptu.

A high demand for housing in Nairobi means some property developers often bypass building regulations to cut costs and maximize profits. The Architectural Society of Kenya has estimated that 50 per cent of structures in Nairobi are not up to code.

The president expects a full investigation into the developers and anyone else involved

in the approval of the collapsed building's construction, Esiptu said.

One of the victims in Sunday's building collapse died on arrival at the hospital, and a child's body was retrieved from the rubble in the lower-income Huruma area, Nairobi police chief Benson Kibue said. Rescuers saved 38 people, he said, and the military assisted in the search for survivors.

Eight residents of the building still cannot be found, said Kenya Red Cross official Nick Thiongo. THE ASSOCIATED PRESS



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CES previews smart-home gadgets for Internet of Things

BeeWi wirelessly controlled lights are on display at CES Unveiled, a media preview event for the four-day CES International in Las Vegas that opens to the public Tuesday. The smart-home concept is known in tech circles as the Internet of Things. Current iterations primarily include our ability to control gadgets such as lights and security alarms or view data remotely through a smartphone app. At the gadget show in Las Vegas, manufacturers will promote more devices and functionality. Some gadgets will be able to talk directly with one another, not just to an app. JOHN LOCHER/THE ASSOCIATED PRESS

Report looks at the sunnier side of falling crude prices

Against the trend.

Drop threatens bottom lines of oil-producing provinces and federal government, many other experts say

Perhaps an era of cheap crude won't be so bad for Canada after all.

A Royal Bank of Canada report released Monday argues the financial blows of low oil prices on the Canadian economy could be more than can-

Weakening oil sector

"Our current Canadian forecast assumes that both consumers and exporters will ... slightly more than offset the expected weakening in oil-sector investment."

Royal Bank of Canada report

celled out by the weaker loonie and additional consumer spending on both sides of the Canada-U.S. border.

Many other expert assessments have projected low crude prices to be a net negative for Canada.

The bank analysis pointed to a combined effect of three

"offsetting positive outcomes" from low-priced crude: a boost for the U.S. economy; the lower Canadian dollar's benefit to exporters selling to the stronger U.S. market, and more spending by Canadians thanks to cheaper fuel.

The RBC report said lower oil prices will have signifi-

cant impacts on government budgets in oil-producing provinces. But it argues these provinces — Alberta, Saskatchewan and Newfoundland and Labrador — have seen big increases in revenues from price increases in recent years, putting them on relatively strong footing to absorb the shocks of a prolonged decline.

Other provinces, meanwhile, are seeing benefits from the low crude prices in the form of cheap gasoline and the falling loonie, which is creating a better climate for their manufacturers and exporters. THE CANADIAN PRESS

Netflix. VPN users being blocked, report suggests

Netflix says it hasn't changed its policy on users who try to access content licensed for streaming in other countries.

The policy is that users shouldn't be doing it.

It's widely known that Canadian Netflix users can access TV shows and movies licensed for the American market by using a free or subscription-based online service.

The popular tools mask a user's true location and trick Netflix — or other websites — into believing the user is actually somewhere else in the world, where different content is available to stream.

A news story on Torrent-Freak.com suggested that Netflix has recently begun cracking down on those location-altering services.

Netflix declined an interview request but released a statement saying it hasn't changed its policies on restricting access to content based on geography.

"Virtually crossing borders to use Netflix is a violation of our terms of use because of content licensing restrictions. We employ industry standard measures



Online news reports suggest Netflix has begun cracking down on subscribers using location-altering services. THE ASSOCIATED PRESS

to prevent this kind of use. There (haven't) been any recent changes to the Netflix VPN policy or terms of use," reads the statement.

A telephone poll with 2,002 anglophone Canadians commissioned last spring by the Media Technology Monitor found about 32 per cent of the respondents were Netflix subscribers.

About one in three of the Netflix users said they had figured out how to access content meant for U.S. subscribers. The Media Technology Monitor poll was conducted by Forum Research between March 18 and April 19 of last year. The results are considered accurate within 2.2 percentage points 19 times out of 20.

THE CANADIAN PRESS

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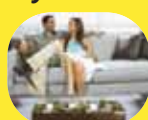
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VOICES

A DRIVE TO LIVE

Toronto-area man Mark Watkin lost his daughter Sarah to cancer a few months ago after doctors were unable to find a full match for a bone-marrow transplant. While the family is still coming to terms with their loss, Watkin shares why he believes swabbing drives are so important:

MARK WATKIN
readers@metronews.ca

"I love you bigger than forever and the moon and the stars in the sky. I'll be dreaming about you all night and all day and I'll be missing you every second until I see you again in the morning."

These are the good-night words I used to say with Sarah every night before bed, and now I say them to myself hoping that they reach her somehow.

Oct. 1, 2012, Sarah was a beautiful five-year-old girl with her whole life ahead of her. Her favourite colours were pink and purple because pink was mom's favourite colour and purple was dad's. She wanted us to know she loved us both equally. She had a little sister, Elizabeth, whom she just adored and who adored her. She loved to ride her bike and had just learned to rollerblade. She had a smile that we knew would one day break hearts. She was our first child, a miracle from our love for each other. Oct. 1 was the day our lives would change forever.

I remember being at Sick Kids and feeling relieved that they were going to figure out what was wrong with Sarah and make her all better. But then a young doctor came to us and told us that Sarah had cancer. Her life just flashed before our eyes. We wanted to take her and run, but there was

nowhere to go. We found out that Sarah had AML, an aggressive type of blood cancer. Her treatment would be long and intense. She would be in the hospital for about six months. Her prognosis was 50/50 — just a flip of a coin.

We fought the disease with chemotherapy, but a year after her diagnosis we were told a bone-marrow transplant was our only hope.

There was no match for Sarah on the national registry, OneMatch. Her new brother, Matthew, also was not a match, and neither was her sister Elizabeth. Our last chance was a half match from a parent, and in February she received a bone-marrow transplant from her mom.

We prayed every second of the day that she would pull through this. We knew that the odds weren't in our favour, and less than six months after the transplant, Sarah relapsed. Now there was nothing we could do to save her. Sarah was dying. Her prognosis: Weeks to months, maybe. How was this happening? What are we going to do? How can we save her? How can we let her go?

We had a new fight on our hands. How do we give Sarah a whole life in just weeks to months? We went to Disney World. We did indoor sky diving and riding on the back of motorcycles. We spent a lot of time at the cottage. We went to Casa Loma



Mark Watkin and his late daughter Sarah. FACEBOOK

dressed as princesses and had high tea. We had a lion cub come to the house and went to a zoo where Sarah pet an adult tiger. We tried to bring her as much joy as we could.

On Nov. 2, 2014, Sarah died in our arms at home in our bed, surrounded by love.

Swabbing Drives. Through our time at Sick Kids, we realized that we needed to do something to help all these children on the cancer floor. We started a Facebook page called Sarah's Drive for Hope. It was to encourage people to donate blood, and get on the bone-marrow list so people

could find their matches if their lives ever turned to tragedy like ours. It was a page of hope for others also fighting cancer. It was amazing; people from around the world began emailing our family with letters of appreciation of how Sarah's life taught them to be better people and some even to be better parents. We also realized that the bone-marrow donation age was 17-35, perfect for high-school students. We began calling local schools, and almost half of the region's schools ran successful swabbing drives. Sarah tried to attend many of them as we spoke to students

about how important getting on the registry could be and how easy it was: just a simple swab in your mouth. In the coming months we learned that four matches were found through Sarah's drives, and those people donated their stem cells. Someone out there now had hope.

The Future. We are trying to learn who our family is without Sarah. It's a struggle to move forward, and often we feel like it's one step forward and two steps back. We are enjoying learning who our other children are and seeing them thrive. We love seeing the smiles on their faces when they play with each other and we wish Sarah was here with us to enjoy them, too. Elizabeth asks to see Sarah all the time, but how do you explain what's happened when we barely understand ourselves?

What we do know is that swabbing drives *must* continue. There are so many people looking for a bone-marrow match, hoping for a chance at life. In the coming months, our family plans to complete an entire school district and swab at EVERY high school in York Region in the spring. The challenge is on. If you know a principal or teacher and want to do something good, contact Sarah's Drive for Hope or OneMatch to find out how to run a simple swabbing drive and save lives.

We will miss Sarah forever and a day.

'Like giving someone a second chance at life'



Stem-cell donor Danny Ho.
DAVID VAN DYKE/METRO



GILBERT NGABO
Metro in Toronto

Danny Ho's decision to be a stem-cell donor was prompted by a story he read a few years ago.

It was the story of a British man suffering from leukemia who was in his dying moments. His sister, who was identified as a perfect match, would not agree to donate her bone marrow to save his life.

"I couldn't believe it," said Ho, 27, who works as an education assistant for autistic children at Buttonville Public School. "I have two sisters. That story made me think that if one of them needed help, I would definitely donate stem cells to her."

Ho put his name up at OneMatch Stem Cell and Marrow Network, a specific division at Canadian Blood Services that recruits donors and

matches them with patients that need help with stem cells.

He went through various tests with the registry to make sure he was medically fit and fully committed to donate. On June 12, 2013, he spent about six hours at Princess Margaret Hospital, where his stem-cell donation was taken.

"It feels like giving someone a second chance at life," he said. "When I signed up, I knew I could be donating to somebody else, not necessarily my family member, so it's good for the patient and their family, too."

Ho is a perfect example of the demographic currently targeted by the OneMatch registry drive as potential donors.

MaryLynn Pride, transplant liaison specialist at OneMatch Stem Cell and Marrow Network, says there's currently an emphasis on recruiting donors from diverse back-

grounds.

"What we know from scientific research is that patients have a better chance at finding matches from donors within their diverse communities, particularly young males between the ages of 17 and 35," said Pride. "It really is about community giving back to community. We are mainly looking at the quality of the donors and what the demand is from patients."

On average, donors can wait as long as five years before finding a patient they match with.

"We need to increase the number of donors on the registry because the need for stem-cell transplants is huge and has been on the increase every year," said Pride.

"We're always trying to provide the highest quality possible of donors and we do know that those are young males from diverse background."

Understanding the need

- At any given time, close to 1,000 Canadians are waiting for a stem-cell match.
- Today, only 25 per cent of patients who need stem-cell transplants are able to find a match within their family.
- There are some 340,000 potential donors registered with OneMatch, three-quarters of whom are male.
- The process to donate stem cells can only begin when a match has been identified.
- You can help by joining Canadian Blood Services' OneMatch Stem Cell and Marrow Network.
- In honour of Sarah's life, Metro is holding a swab drive for our staff.

Gossip

NED EHRBAR

METRO'S TAKE
ON THE WORLD
OF CELEBRITIES



Jennifer Aniston ALL PHOTOS: GETTY IMAGES

Aniston has Brad new attitude as she eyes Golden Globe prize

How do we know Jennifer Aniston is taking her bid for awards season glory seriously?

She's entertaining questions about ex-husband Brad Pitt.

Aniston is currently on the campaign trail for her Golden Globe-nominated performance in the indie drama Cake, and the rules of Hollywood state that you've got to play ball if you want a serious shot at some trophies. So Aniston sat down with CBS Sunday Morning,

where reporter Lee Cowan used the age-old trick of asking about how annoying it is when people ask about something as a ploy to ask about that thing without looking like you're actually asking about it. Sneaky, that one.

"The fact that it still follows you around — I mean, I'm divorced. It's got to be painful. I mean, I don't like when people bring it up. But people still do, right?" Cowan asked. And by people, he means himself, who just brought it up.

But Aniston is a pro: "I don't find it painful, though. I think it's a narrative that follows you because it's an interesting headline. It's more of a media-driven topic," Aniston responded.

And speaking of media-driven, Cowan — who clearly can't take a hint — followed that up with, "You guys still talk? You friends?" And kudos to Aniston for not rolling her eyes or just straight up punching him before replying. We'll see if the gambit pays off.

Kutcher, Kutcher, koo! Ashton, Mila kid you knot

New parents Ashton Kutcher and Mila Kunis got tabloid rumour-mongers worked up into a frenzy on New Year's Eve with a photo message on Kutcher's Facebook page with warm wishes from "the Kutchers," sparking speculation that they'd already secretly tied the knot. But don't worry, you didn't miss anything. Sources tell Radar Online that they "have not gotten married yet" and the

big day won't be happening until the summer.

"Ashton loves fooling people, and because they handle their own publicity, they are totally aware of how to manipulate the press," a source explains. "If they did get married, they are lying to a lot of people close to them about it."

I mean, that's not out of the realm of possibility, though, right?



Ashton Kutcher and Mila Kunis

Mayweather schools Prince in the birds and the Biebs

It might be time to start worrying about Michael Jackson's eldest, Prince Jackson, who becomes a legal adult next month. And if Page Six is to be believed, he's already living a pretty adult life — including clubbing, juggling girlfriends and being generally bratty — thanks to a friendship with noted role models Justin Bieber and Floyd Mayweather, who "has been offering a lot of advice to Prince, including about women," a source says. Mayweather is also supposedly behind recording sessions for a planned "major recording album" by Bieber and Jackson. That's right, a major recording album. Who knows, maybe it will lead to a significant performing tour or something.

Anyway, if you really want to start using rage instead of coffee for a pick-me-up, enjoy these details on the spending habits of 17-year-old Jackson, who receives a \$66,000 monthly allowance from his dad's estate.

"He's looking at high-end cars like a Mercedes Maybach, a Rolls-Royce and Range Rovers, and he's buying expensive jewelry," the source says.

Ah, to be young.

Prince Jackson with his grandmother Katherine



2
SCENE

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Erasure's nod to ABBA celebrates their synth-pop roots

Music. Duo's latest album is a collection of dance anthems and introspective ballads

A year ago, Erasure released a Christmas album, but the duo's biggest surprise this year was a celebration of synth-pop's roots.

While performing at New York's Terminal 5 club on Dec. 30 and 31, singer Andy Bell announced that Erasure would play an old favourite for the first time in 20 years.

That song was a respectful cover of Voulez-Vous by ABBA, who in the 1970s pioneered the synth-pop sound of instantly danceable keyboards that was embraced a decade later by chart-topping, mostly British acts such as Erasure, Depeche Mode and the Pet Shop Boys.

The New Year's Eve concert was the final date of a four-month tour in support of the duo's 16th album, *The Violet Flame*, a collection of dance anthems and introspective ballads.

Opening the concert were two members of the Amer-

On the edge

Erasure's career has not been without experimentation, with Bell and Clarke bringing in long synthesizer solos, Gospel singers and even acoustic guitars. Last year's *Snow Globe* was among the most unusual — creating a synth-pop Christmas out of traditional carols and original songs.

ican synth-poppers Book of Love, which built a niche audience in the 1980s by

touring with Depeche Mode and — more significantly in retrospect — broke taboos of the era by openly discussing the AIDS crisis in the dance-club hit *Pretty Boys* and *Pretty Girls*.

Erasure has a large gay following, as Bell has long been open about his sexual orientation, even at a time when many other gay musicians stayed in the closet.

More recently, Bell has spoken out about being HIV-positive in an effort to build awareness about preventing the virus that leads to AIDS.

AFP



Erasure singer Andy Bell. AFP

Madonna, Marilyn Manson and Rihanna are just a few of the artists set to return with a new record in 2015. Here is our list of releases not to be missed this year.

scene@metronews.ca

Rihanna

The beloved Barbadian singer has largely kept secret the details of her next album, which her fans are calling R8.

The only thing known about this mysterious record is the year of its release: 2015.

However, the star indicated on Instagram that she is already working on the new album and even shared a musical excerpt.



5

albums not to be missed

Madonna

The pop icon will return in March 2015 with *Rebel Heart*, several tracks from which have already leaked to the Internet.

Since Dec. 20, six tracks have been available for pre-order from the album, which was produced in part by Kanye West.



Muse

The British musicians announced their return to the studio on Instagram, confirming the arrival of a new record this spring. As Matthew Bellamy told NME, the sound is expected to be less experimental than the band's previous work.



Marilyn Manson

Last October, the provocateur and recording artist dropped the single *Third Day of a Seven Day Binge*, which is available for free download on his website.

The track sets the tone for his forthcoming album, *The Pale Emperor*, which will go on sale starting Jan. 19.

A few days later, on Jan. 21, Manson will begin promoting the new record on his *Hell Not Hallelujah* Tour.



U2

Last October, the Irish band told *Q* Magazine that their next album, *Songs of Experience*, was 70-per-cent finished.

Bono's band is known for its productivity, so it seems likely that this follow-up to *Songs of Experience* will be released at some point in 2015. The band will also head out on tour this year to promote its previous album, which was released for free on iTunes.

AFP



Artist making waves with jazzy take on folk music

Music. Meet the singer who made you cry in Apple's holiday commercial

If you own a television, chances are you caught Apple's emotional, new commercial over the holidays.

The ad, formally known as The Song, was perhaps the most tear-jerking, talked-about TV spot of the season.

The commercial opens up on a young woman who stumbles upon an old recording her grandmother made decades earlier — a love song for her husband who was away at war.

From there, the granddaughter uses a mix of Apple magic and her own stunning vocals to remaster the romantic tune (the classic Our Love Is Here to Stay). The ad closes with the teary-eyed grandma hearing the duet for the first time. The granddaughter, it turns out, is played by upcoming singer-songwriter Dana Williams. With a bluesy, vin-

A family affair

I really was inspired by my father, and just watching him on stage and rehearsing and writing music.

Dana Williams
Singer-songwriter

tage-sounding voice, Williams is getting used to fans and the media alike referring to her as the new Ella Fitzgerald.

"I would say (my style) is like soul-folk," Williams tells Metro. "I have a very jazzy voice, but my own music is very folksy."

The 25-year-old artist's Apple ad isn't her first TV appearance. You may remember Williams as a contestant on the first season of ABC's Rising Star.

After dazzling both the judges and viewers with her Billie Holiday-style voice, Williams went on to release her first EP back in March (an independent album called The Lonely One).

No stranger to the business, Williams actually grew up

watching her father, David Williams, play rhythm guitar for Michael Jackson.

"I really was inspired by my father, and just watching him on stage and rehearsing and writing music," says Williams, who also plays guitar. "I've been doing music my whole life."

Today the Los Angeles-based musician keeps busy with her popular YouTube channel, which showcases duets with

artists like actress Leighton Meester.

Since the Apple commercial came out, Williams says life has definitely changed.

"A lot of people have reached out to me, and a lot of people are acknowledging my music now, which is great," she says. "(It's) everything I could have hoped for as an independent musician."

METRO NEWS IN NEW YORK CITY



Dana Williams performs regularly and is in the process of completing her second EP. RICHARD CORMAN

Retired R.E.M. frontman returns to stage for Smith

Music. Patti Smith, busy at 68, awakens a 'missed' Michael Stipe on her birthday

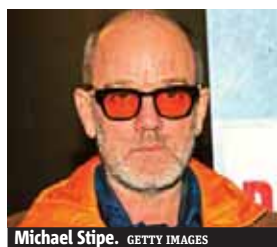
R.E.M. frontman Michael Stipe has stayed mostly out of public view since the alternative rock pioneers broke up four years ago.

But last Monday, as the audience was just settling in, Stipe walked unannounced onto the stage sporting a stocking cap, suit-and-tie and gray stubble.

The occasion was the 68th birthday of the rock icon Patti Smith, who not only roused Stipe from semi-retirement but has planned an active year ahead including a sequel to her acclaimed memoir.

Stipe, hardly ever an "opening act" since R.E.M. took off on college radio stations in the 1980s, sang a six-song set before 1,500 people at New York's Webster Hall as Smith's daughter, Jesse Paris Smith, accompanied him on keyboards.

The R.E.M. singer, with a



Michael Stipe. GETTY IMAGES

touch of irony, sang the theme from New York, New York — most famously performed by Frank Sinatra — but otherwise showed himself to be in a meditative mood. He offered a tribute to the "beautiful and eternal" Vic Chesnutt, the folk singer who died from a suicidal drug overdose on Christmas Day 2009.

Stipe acknowledged his lyrical debt to Smith (whose Gloria delivered one of rock's most famous opening lines, "Jesus died for somebody's sins but not mine") as he closed with the dreamy R.E.M. song New Test Leper, which begins, "I can't say that I love Jesus / That would be a hollow claim."

AFP



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Cheers to a natural 2015

The Canadian Health Food Association's holistic nutritionist Michelle Book takes us through the top trends that health retailers, suppliers and health experts are buzzing about this year

IZABELA SZYDLO life@metronews.ca

Oils with fancy fats

Avocado oil is about to get a lot more attention. Avocados are touted for their healthy fats, but the extracted oil is rich in monounsaturated fats and vitamin E, which are crucial for healthy, radiant skin. Refined avocado oil is also excellent for cooking or sautéing. Another trendy oil is camelina, which is rich in mono- and polyunsaturated fats with a high proportion of heart-healthy omega-3s (as high as 45 per cent!). It is an oil-seed prized for its nutty and fresh taste, healthy properties and heat-resistant traits. Natural antioxidants, including Vitamin E, give camelina oil a longer shelf life than olive or other oils. It is excellent on salads and drizzled on grilled veggies. Other oils to keep an eye on include flaxseed and walnut oil.



Digestive health

When we have the right balance of good to bad gut bacteria it helps protect our gut lining, keeping it strong and reducing our chances of intestinal permeability (known as leaky gut). Leaky gut means bacterial toxins are passing into our body, which can lead to inflammation linked to weight gain, obesity and mental health issues. Many people think they are getting probiotics from yogurt, but only those that have "live and active cultures" on the label actually contain probiotics and, unfortunately, even when you eat this yogurt it is difficult to know exactly the quality, quantity and type you are consuming. Taking probiotics in a supplement form is the best way to ensure that you are getting enough and the correct strain for your individual health needs.



Pumpkin



Pumpkin has flown under the radar for a long time, but new studies are now linking it to heightened prostate and urinary tract health. Pumpkin seeds are rich in B vitamins, vitamin E, zinc and essential fatty acids. Pumpkin flesh is rich in nutrients including beta-carotene, a precursor to vitamin A, crucial for healthy reproduction, immune system health and vision. The great thing about pumpkin is there are so many ways, beyond pumpkin pie, to use it. Mixing pumpkin oil and balsamic vinegar makes vinaigrette for salads, and pumpkin seeds are the perfect salad topper. Pumpkin is also becoming a great breakfast food, adding flavour to pancakes, waffles or smoothies while delivering an extra nutritional boost.

GMO labelling



GMO (genetically modified organisms) is a process that tinkers with the genetic material (DNA) to enhance specific traits. Most often, these are crops like corn, soy and canola, which are used in many processed food products. In plant species, these traits can include pesticide or pest resistance, drought resistance or nutrient level enhancement. In 2015 we predict the demand for GMO labelling will continue to increase. In more than 60 countries, including Australia, Japan and all of the countries in the European Union, there are restrictions or outright bans on the production and sale of GMOs. In Canada, we are seeing an increase in consumers demanding to know where their food comes from and whether it has been genetically modified. It's still to be seen how this will impact legislation, but many companies are rising to identify their products as GMO-free.

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This year, eat better by hitting the sauce

Theresa's tips

How to pick the best bottled condiments



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Once upon a time we touted Europeans as folks who eat better because they cook from scratch. It's still true that they generally eat better than North Americans, but they don't have any more time than we do to get meals on the table. They simply demand top quality prepared foods and put them together seamlessly, healthfully and beautifully.

Among those prepared foods are cooking sauces, which have seen huge growth worldwide.



Look for prepared foods containing Greek yogurt for added protein. ISTOCK

Salsas, pickles and fermented products are cropping up in all sorts of flavours and new combos. It is worth searching for jars full of nourishing ingredients rather than being duped by marketing labels such as "gluten free" and "GMO free." While both can be important considerations, they don't trump a list of fillers over real food. Look for:

- fruits or vegetables as a first ingredient;
- items that nutritionally enhance your, erm, bad habits (For instance, use sun-dried tomatoes to top otherwise nutrition-free pizza);
- items containing Greek yogurt for protein;
- ways to incorporate beans in any fashion;
- foods that have active probiotic cultures.

Simple Salmon. Open some salsa and a tub of Greek yogurt for an easy weeknight meal

FLASH FOOD



From your fridge to your table in 30 minutes or less

You want a lean, healthy, omega-3-loaded, two-step meal ready only 20 minutes after you come in the door? Of course you do! It's still January and your commitment to eat better is just as valid as it ever was. For this recipe, all you need is salsa, Greek yogurt, salmon and asparagus plus an oven or toaster

Ingredients

- 1 bunch asparagus
- 1 tsp extra-virgin olive oil
- 4 pieces fillet of salmon
- 1/2 cup salsa (any flavour, but I used PC black bean and corn salsa)
- 1/2 cup Greek yogurt



TOTAL TIME
ABOUT 30 MINUTES

This recipe for Simple Salmon serves four. THERESA ALBERT

oven and you're good.

Directions

1. Preheat oven to 400 F. Rinse asparagus and chop off any woody ends. Lay on a baking sheet, sprinkle with oil and roll to coat. Sprinkle with sea salt if

desired. Place into oven on top shelf and bake asparagus until browned to your liking (5-15 minutes).

2. Place salmon in a baking dish large enough so the fillets don't touch. Mix together salsa and Greek yogurt. Spread onto

salmon and place uncovered in oven. Bake for 10-15 minutes depending upon the thickness of your salmon.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT WWW.MYFRIENDINFOOD.COM

Get a kick out of spicy udon noodles with shrimp

1. Bring a large saucepan of salted water to a boil.

2. While the water heats, in a blender combine the peanut butter, ginger, vinegar, soy sauce, water, garlic and black pepper. Blend until smooth. The peanut sauce should be thick, but pourable. If the sauce is too thick, add a couple of tablespoons of additional water and blend again. Taste, then add hot sauce to your desired heat preference, blending again. Set aside.

3. In a large skillet over medium-high, heat 2 tablespoons of the oil. Add the onion and peppers, then cook until just tender, about 5 min-

utes. Transfer to a plate and set aside. Reserve the skillet.

4. Add the udon noodles to the boiling water and cook for 2 minutes, or until just barely cooked. The noodles should still be a bit firm. While the noodles cook, return the skillet to medium-high heat and add the remaining 2 tablespoons of sesame oil. Drain the noodles well and add them to the hot skillet. Stir-fry the noodles for 2 minutes.

5. Add the shrimp to the skillet and continue to cook, stirring constantly, until the shrimp are just pink, about 5 minutes. Return the onion and peppers to the skillet and

Ingredients

- 1 cup natural peanut butter
- 1-inch chunk fresh ginger
- 1/4 cup rice vinegar
- 1/4 cup reduced-sodium soy sauce
- 1/4 cup water
- 1 clove garlic
- 1/4 teaspoon ground black pepper
- Hot sauce, to taste
- 4 tablespoons sesame oil,

divided

- 1 large yellow onion, thinly sliced
- 2 large red bell peppers, cored and thinly sliced
- 8-ounce package udon noodles
- 1 pound shelled raw shrimp, patted dry
- 1/2 cup chopped peanuts
- 2 scallions, green and white parts, thinly sliced

toss until heated. Remove the skillet from the heat, then pour in a liberal amount of peanut sauce (use as much or as little as you prefer), using

tongs to toss the ingredients until well coated. Divide between serving plates, then top with peanuts and scallions. **THE ASSOCIATED PRESS**



This recipe for Fried Udon Noodles with Shrimp and Spicy Peanut Sauce serves four. THE ASSOCIATED PRESS

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Connor McDavid breaks away from Dmitri Yudin and Ziat Paigin to put Canada up 3-1 in the second period on Monday night in Toronto. Canada went up 5-1 but had to cling to the lead as the Russians roared back to fall just short, losing 5-4. STEVE RUSSELL/TORSTAR NEWS SERVICE

Canada outpaces Russia to win final

World juniors. Home team claws its way to narrow victory in championship game

World junior gold belongs to Canada once again after a classic victory over Russia.

Canada came perilously close to blowing a four-goal lead and hung on through an intense third period to beat Russia 5-4 on home ice at Air Canada Centre on Monday night.

"There were some tense moments.... That was one of the craziest games I've ever been a part of," said defence-man Josh Morrissey.

The win ended Canada's gold-medal drought that dated to 2009. It's the nation's first medal in this tournament since 2012.

"That was a once-in-a-lifetime opportunity and we took advantage of it," said Max Domi about winning on home ice.

Canada scored on its first

Gold-medal game

5

Canada

4

Russia

- Hockey Canada has expressed its commitment to Montreal as a co-host city for the 2017 world juniors despite attendance concerns at this year's tournament.
- Hockey Canada president and CEO Tom Renney said

the organization was "deeply committed" to Montreal even as the IIHF said it would keep all options open for the tournament two years from now.

- Toronto is set to host Canada's preliminary-round games and Montreal the knockout round in 2017, flipping from this year.
- Several thousand empty seats for Canadian games at the Bell Centre drew some criticism.

shift, chased Russia's starting goaltender less than three minutes in and ignited the red-and-white-filled crowd of 19,014 that began to celebrate in the second period.

When Russia chipped away, Canada's veteran bunch found its first trouble of the tournament but survived to avoid what would've been one of the more memorable collapses in history.

"We were able to brush it off," said Connor McDavid about the Russians' push back. "This is pure joy."

Anthony Duclair, Nick Paul, McDavid, Domi and Sam Reinhart scored for Canada to build the lead, which at its height was 5-1.

Dmitri Yudin, Ivan Barbashev, Sergey Tolchinsky and Nikolai Goldobin scored for Russia, which wasted lit-

tle time chipping away.

"Preparing for this game I almost felt like I played in it before," said Canadian captain Curtis Lazar. "Everyone did their part, no one stood out any further than others."

Zach Fucale finished with 26 saves, enough to get the job done with Canada clinging to a 5-4 lead. His two biggest saves may have come with 12 and four seconds left as Russia was playing with the extra attacker.

Russia's Ilya Shestryokin got the hook after giving up two goals on the only two shots he faced. Backup Ilya Sorokin came in and allowed three on 19 shots.

Prime Minister Stephen Harper was in attendance for what felt like more than just a hockey game, even a tournament final.

The tense rivalry dates to the 1972 Summit Series, and the last time these teams met for world junior gold, Canada blew a 3-0 third-period lead and lost 5-3 in Buffalo, N.Y., in 2011.

THE CANADIAN PRESS

Proving his worth

McDavid delivers on biggest stage

When Connor McDavid broke a bone in his right hand in November, the injury cast doubt on him playing for Canada at the world junior championship.

The can't-miss generational talent has erased any doubt about his return to brilliance.

McDavid progressed from Canada's opener against Slovakia on Boxing Day to Monday night's gold-medal showdown with Russia, along the way showing off his talent on the world stage.

"He's got that progression since Day 1 of training camp," coach Benoit Groulx said before Monday's final. "He's got to make his comeback at the world junior championship, which is a world of difference between our league or the playoffs; it's not even close."

"You have the best players in the world, the game goes 100 miles an hour, and it's quite an adjustment. I really feel Connor has been better and better every day."

McDavid was held without a point Dec. 26 but had three goals and eight assists over his next six games, putting him among the tournament's leading scorers. THE CANADIAN PRESS

Ron Rivera

Panthers coach's home catches fire

The home of Carolina Panthers coach Ron Rivera sustained "significant" damage from an early morning blaze spewing heavy smoke and fire two days after his team's playoff victory. No one was injured.

THE ASSOCIATED PRESS

Junior Galette

Saints LB arrested in domestic dispute

New Orleans Saints linebacker Junior Galette was arrested Monday in a domestic violence case in which a woman says her face was scratched and her ear bloodied after an earring was ripped off.

Galette was booked with misdemeanour simple

battery stemming from the disturbance at the player's house in Kenner, a New Orleans suburb. Prosecutors could later charge him. It is not clear if Galette, who left jail on \$600 bond Monday afternoon, has a lawyer.

The Saints said they are aware of the arrest and are gathering information. NFL spokesman Greg Aiello said the league knows of the arrest and is "looking into it."

THE ASSOCIATED PRESS

Los Angeles

Rams owner in on new stadium

A development group that includes a company controlled by the owner of the St. Louis Rams announced plans Monday to build an 80,000-seat stadium in the Los Angeles suburbs that could become home for an NFL team. THE ASSOCIATED PRESS

Austrian Alps

Two U.S. skiers die in avalanche

Two prospects from the U.S. Ski Team were killed in an avalanche Monday while skiing near their European training base in the Austrian Alps.

The team said Ronnie Berlack, 20, and Bryce Astle, 19, died in the incident. THE ASSOCIATED PRESS

Baseball Hall of Fame

Trio of first-ballot pitchers primed for induction

Randy Johnson, Pedro Martinez and John Smoltz appear to be shoo-ins for election to the Hall of Fame in what is shaping up as the baseball writers' biggest class of inductees in 60 years. THE ASSOCIATED PRESS

Vlasic beats the clock to get Sharks out of a pickle vs. Jets



Blake Wheeler of the Jets fends off the Sharks' Marc-Edouard Vlasic in Winnipeg on Monday night.

TREVOR HAGAN/THE CANADIAN PRESS

NHL. San Jose defenceman puts game away with 4.5 seconds left on clock

Marc-Edouard Vlasic scored with 4.5 seconds remaining to give the San Jose Sharks a 3-2 win over the Winnipeg Jets Monday night.

Joe Pavelski won an offensive zone faceoff to Logan Couture, who set up Vlasic to snipe the winning goal past Jets goaltender Michael Hutchinson.

Brent Burns and Melker Karlsson also scored for the Sharks, while Andrew Ladd and Jay Harrison replied for the Jets.

The clubs entered the night holding both of the Western Conference's wildcard playoff spots. The Sharks (21-14-5) moved into a tie with Vancouver and Los Angeles for second in the Pacific Division.

Harrison's shot from the

On Monday

3

Sharks

2

Jets

19 shots in his eighth start in nine games.

The teams traded power-play goals in the first period, with Burns opening the scoring at 2:53. Joe Pavelski won an offensive zone faceoff, and two passes later Burns hammered home a slapshot from the point for his 11th goal of the season.

Ladd took a pass in the high slot from Bryan Little and beat Niemi to his glove side for his 15th goal of the season at 9:17.

The Sharks had a 13-4 advantage in shots after the first period, limiting the Jets to only one even-strength shot.

Pavelski floated a shot from the right boards that Karlsson tipped down and through Hutchinson's pads to give the Sharks a 2-1 lead early in the second period.

The Jets begin a three-game West Coast road swing Thursday in Arizona, while the Sharks continue their three-game trip Tuesday in Minnesota. THE CANADIAN PRESS

Broncos healthy, ready to saddle up after bye week

Judging by the scarcity of players working with strength and conditioning coach Luke Richesson to the side, the bye week did the battered Denver Broncos an abundance of good.

Denver had listed 22 players on its injury report before the season finale against Oakland, when safety David Bruton Jr. and left guard Orlando Franklin sustained concussions.

Those were the only players who weren't between the lines Monday when the Broncos (12-4) began preparations for their playoff game against Indianap-

olis (12-5).

Most notable among them were Peyton Manning (age 37) and top tackler Brandon Marshall (sprained foot). Manning sat out all of last week's workouts and Marshall practised for the first time since getting hurt at San Diego on Dec. 14.

"Yeah, it was much needed," said fourth-year safety Rahim Moore. "I needed it, our team needed it, especially guys like Peyton, who's been playing since I came out the womb."

Lest that gets back to the five-time MVP, Manning might

Time heals

Julius Thomas, who has been bothered by a bum ankle, was among the Broncos who most appreciated the bye.

- The tight end was instrumental in Denver's regular-season-opening win over Indy with three touchdown catches.

want to know Moore also compared him to a luxury sports car roadster, not an old jalopy.

Moore said the bye "was good for Peyton because it recharges him, makes him feel refreshed. He's an older guy. He needs it. You can't run a Ferrari — or no, a Bugatti — too much. He's our Bugatti. That's how Peyton is to his team, so you've got to give him some rest."

After the tune-up, the Broncos are eager to rev that engine again.

"We've got to get back to work," Moore said. "We went from 100 (m.p.h.) to zero. Now we're trying to get back to 100." THE ASSOCIATED PRESS



Peyton Manning, left, and the Broncos beat Andrew Luck and the Colts to begin the regular season. The Broncos head into Sunday's rematch fresh from a bye week. JUSTIN EDMONDS/GETTY IMAGES

NBA. Toronto Raptors limp home after pair of blowout road losses

After the Western Conference road trip from hell, the Toronto Raptors are due for a little bit of home cooking.

And thanks to the NBA schedule makers, that's just what they'll be getting. Starting with Thursday night's game against the Charlotte Hornets, the Raptors play six straight games at the Air Canada Centre.

It's part of a relatively gentle stretch for the Raptors, who are licking their wounds after going 2-4 on their recent road trip, which concluded with a pair of blowout losses to the Golden State Warriors and Phoenix Suns.

"It is what it is. We lost some games we could have won. We won some games that were good wins but we didn't build off it," was point guard Kyle Lowry's assessment after the Raptors were manhandled

In the past



"We can't dwell on it. It's a tough stretch and without our all-star, it caught up to us a little bit. But we have a few games where we have to make up for it on the home floor."

Point guard Kyle Lowry on the Raptors' 2-4 western road trip

125-109 by the Suns Sunday night.

The Raptors need to shake off the losses (which came with DeMar DeRozan sidelined by injury) and look to get a spark at home, Lowry added.

TORSTAR NEWS SERVICE

Cycling. New velodrome is the star of Canadian championships: Harnett

Canadian cycling star Curt Harnett likens it to being out on the water in a canoe on a calm day. "When the water is like glass ... just that feeling of no resistance, sort of like floating on air," Harnett said.

The feeling of racing on a world-class track is unlike any other, said the three-time Olympic medallist, who was one of the first cyclists to ride on the new Cisco Milton Pan Am/Parapan Am Velodrome when construction was completed a few weeks ago.

The gleaming \$56-million facility west of Toronto was built for this summer's Pan American Games, and is getting

Adrenalin rush

"It was a pretty spectacular moment for me; it was hard to believe that we would ever see something like this back in Canada."

Canadian cycling star Curt Harnett on the new Cisco Milton Pan Am/Parapan Am Velodrome

a test run at the Canadian track championships this week. The event may have brought together many of Canada's top athletes, but the track is truly the star of the show.

THE CANADIAN PRESS

Serie A

Podolski on loan to Inter Milan

Germany international Lukas Podolski has joined Inter Milan on a loan deal from Arsenal, giving new Nerazzurri coach Roberto Mancini a boost in attack.

Inter announced Monday that all the paperwork had been completed for the striker to stay with the club through June. Podolski could play for Inter against Serie A leader Juventus on Tuesday. THE ASSOCIATED PRESS

Hopman Cup

Williams recovers after first-set loss

Feeling lethargic and jet-lagged, Serena Williams decided a coffee might perk her up after losing her first set 6-0 at the Hopman Cup. It worked. Williams recovered to beat Flavia Pennetta 0-6, 6-3, 6-0 in Perth, John Isner followed up with a 5-7, 7-5, 7-6 (4) win over Fabio Fognini and the pair won the doubles for a 3-0 win over Italy in Group A Monday. THE ASSOCIATED PRESS



Canada's Dylan Carreiro challenges Lewis Baker of England during a under-20 friendly match on Nov. 12 in Bournemouth, England. Canada enters the CONCACAF Under-20 Championship later this week without top players Carreiro and Fraser Aird. BEN HOSKINS/GETTY IMAGES

Key Canucks out of U-20 World Cup bid

Soccer. Canadian midfielders Dylan Carreiro, Fraser Aird not released by their clubs ahead of CONCACAF championship

Tweet

"Sad to not be involved in the qualifiers, but I am more than positive the boys will do the job and get us to the World Cup in June."

Canada midfielder Dylan Carreiro

not released by their clubs.

"(I'm a) bit disappointed to lose some key characters with clubs not releasing them but it will provide opportunities for talented players to step up and prove they can apply themselves at this level," Canadian coach Rob Gale said Monday.

Canada will have to do without two of its top guns at the CONCACAF Under-20 Championship, which opens Friday in Jamaica.

Captain Dylan Carreiro (Dundee) and fellow midfielder Fraser Aird (Rangers) were

Teams do not have to release their players for FIFA youth competitions.

Canada opens Saturday against Haiti in Group B play with games to follow against Mexico, El Salvador, Cuba and Honduras. Group A features host Jamaica, Trinidad and Tobago, Aruba, Panama, the U.S.

and Guatemala.

The group winners move to the tournament final and advance to the FIFA U-20 World Cup in New Zealand. The second- and third-place teams will cross over to play the second- and third-place countries from the other group to decide the final two World Cup spots from North and Central America and the Caribbean.

Canada has not taken part at the FIFA U-20 championship since it hosted the event in 2007, when it failed to score a goal or pick up a point.

THE CANADIAN PRESS



Liverpool's Steven Gerrard
JULIAN FINNEY/GETTY IMAGES

Steven Gerrard starts Liverpool farewell tour with a bang

Steven Gerrard began his Liverpool farewell tour by scoring twice to give his club a surprisingly hard-fought 2-1 win over fourth-tier Wimbledon Monday.

Playing in his first game since announcing he will leave the club at the end of the season, Liverpool's longtime cap-

tain curled in a trademark free kick in the 62nd minute to secure the win against a tenacious and ambitious Wimbledon side.

Gerrard had put his team ahead with a header in the 12th minute, but Adebayo Akinfenwa gave the hosts a

deserved equalizer in the 36th by tapping in after goalkeeper Simon Mignolet failed to clear a corner.

In Monday's other game, Burnley held Tottenham to a 1-1 draw to force a replay between the Premier League sides.

THE ASSOCIATED PRESS

AUGMENTED REALITY

Stuck on 12 Across?
Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.



→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

Aries

March 21 - April 20

Serious thoughts should be shoved to the back of your mind today. This is not a time to focus on money or career matters, this is a time to indulge in life's lighter side.

Taurus

April 21 - May 21

If you can afford the time and money this is a good time to take a vacation.

Gemini

May 22 - June 21

You will find yourself at odds with someone in a position of authority today and you may have no choice but to back down, even though you believe you are in the right.

Cancer

June 22 - July 23

You need to stay on your toes both physically and mentally, because unexpected events will test you to the limit.

Leo

July 24 - Aug. 23

Dealing with other people's problems will take up a large slice of your time today and while it may be a bore it will also put you in the good books of people whose help you may need in the future.

Virgo

Aug. 24 - Sept. 23

You need to get tough with someone who seems to delight in placing obstacles in your path. Let them know that if they can't be a team player then there is no point in their hanging around.

Libra

Sept. 24 - Oct. 23

What is right for other people won't necessarily be right for you today, so don't follow their example just because you think it is expected of you.

Scorpio

Oct. 24 - Nov. 22

It does not matter what level you are on at this moment, you are very much on the up. So keep climbing.

Sagittarius

Nov. 23 - Dec. 21

Don't let other people's complaints and criticisms get to you today. You may look confident on the outside but a worm of doubt is burrowing its way into your mind and your rivals will play on that if you give them the chance.

Capricorn

Dec. 22 - Jan. 20

You may be in a positive mood at the moment but one particular person desperately needs cheering up. Whatever it is that is wrong help them see it is of no real consequence.

Aquarius

Jan. 21 - Feb. 19

Anyone who tries to tell you what to do today will soon be wishing they had kept out of your way.

Pisces

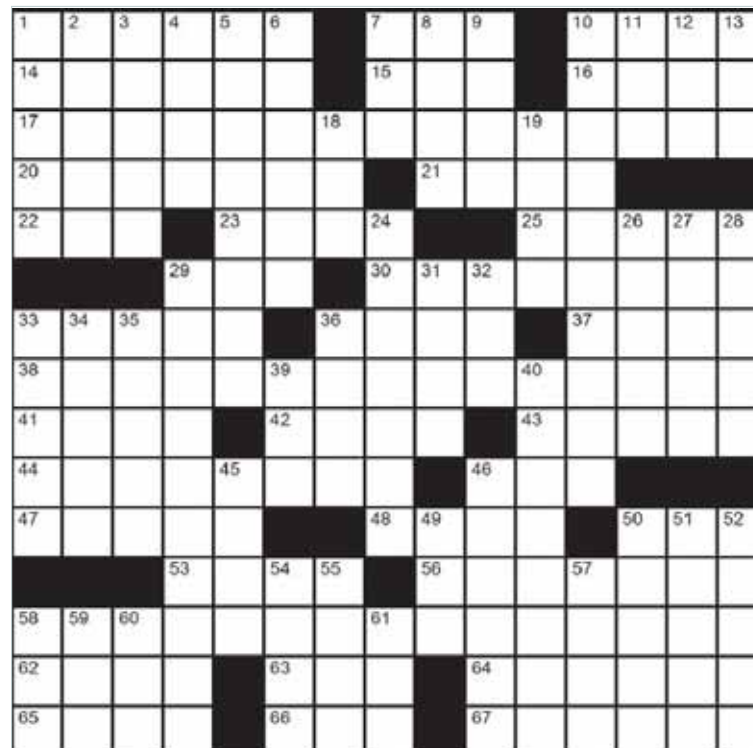
Feb. 20 - March 20

Mixed signals are likely today and you could find yourself laughing when others expected you to be sad.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. Geeks
7. Gird
10. Canadian singer/songwriter Steven
14. Imp
15. Q. "Is 'B' the first letter?" A. "___" is.
16. Van Halen drummer
17. 1887 novel in which Sherlock Holmes makes his debut: 4 wds.
20. Dough prepper
21. Arctic seabird
22. Dawn goddess
23. Invitation letters
25. Flees
29. 15th Prime Minister's monogram
30. Saskatchewan town
33. Stars, in Latin
36. Be in harmony
37. Person being taken for granted
38. Coaches puller, as per #29-Down: 2 wds.
41. Hagar The Horrible's daughter
42. Jazz vocalist Ms. Anderson
43. Ms. Gilpin's of "Frasier"
44. Katniss ___ (Jennifer Lawrence role)
46. Lucy's hair hue
47. Make the score even again
48. Actor Will
50. Clothing size choices
53. 'Within'-meaning



prefix

56. Superstate in Nineteen Eighty-Four
58. Whistler Blackcomb and Mont-Tremblant: 2 wds.
62. Casino game
63. High deg.
64. ___ of luck
65. Dr. Cristina ___

- (Canadian actress Sandra Oh's role from "Grey's Anatomy")
 66. Ascertain
 67. Multi-___ (One doing it all)
- Down**
1. Sir Francis ___ (16th-century English explorer)

2. "Hey! That ___ accident!"
3. Actor Rob
4. S. Amer. country
5. Nightmare: 2 wds.
6. Most cunning
7. Ms. Jillian
8. Katharine of "The Graduate" (1967)
9. The ___ (Cabaret

- style theatre in Charlottetown)
10. Partook in the activity at #58-Down
11. ___-inclusive
12. "Gosh!"
13. Office tel. line
18. Mr. Berlin, briefly
19. Canberra's country, curly

24. Setting a dollar amount
26. Group ruled by Odin
27. Rome's coin-collecting fountain
28. Daggers
29. ___ Central Railway (Operating vintage train attraction in Winnipeg)
31. Hautbois
32. Theological sch.
33. Peter of '60s pop duo Peter and Gordon
34. Kitchen appliance
35. Dogma
36. "By __, I think she's got it!"
39. Whopper
40. The Merry Widow, for one
45. Athapaskan-speaking people of the Northwest Territories
46. Put new actors in roles
49. Geological period
50. Fish of brackish waters
51. Whale type
52. Particular printer
54. Cook's li'l quantities
55. Prince album: 'Sign ' ___ Times'
57. Affections
58. ___ diving
59. Mauna ___ (Hawaiian volcano)
60. Lodge
61. Chemical suffix

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers



Conceptis Sudoku by Dave Green

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



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